



## Be Careful in Hot Weather

Already this season we have had a few visitors experience difficulty with the hot weather. **Do not hesitate to let the market staff know if you need or even think you might need help.** Here are a few tips from the CDC on managing the summer heat.

Now is the time to prepare for the high temperatures that kill hundreds of people every year. Extreme heat caused 7,415 heat-related deaths in the United States from 1999 to 2010. Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat.

Take measures to stay cool, remain hydrated and to keep informed. Getting too hot can make you sick. You can become ill from the heat if your body can't compensate for it and properly cool you off. The main things affecting your body's ability to cool itself during extremely hot weather are:

- **High humidity.** When the humidity is high, sweat won't evaporate as quickly, which keeps your body from releasing heat as fast as it may need to.
- **Personal factors.** Age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use can play a role in whether a person can cool off enough in very hot weather.

Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness. Closely monitor people who depend on you for their care:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they need help keeping cool?

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## Thank You, Thank You, Thank You

I had to miss the June 23 Market due to a civic commitment that took me out of state. During my absence Joe Dorton and Will Davis did an outstanding job of keeping the Market up and running. Joe is a Richland County Master Gardener who volunteers with our School Days Program at the Sandhill Fall Festival and our Farmers Market in addition to his impressive list of other volunteer activities. Will is a college student and works part-time for Clemson. He can usually be seen driving our Sandhill Farmers Market Shuttle. Their efforts were unfortunately rewarded with the hottest weather we have encountered this year during the market. Thank you Joe and thank you Will. Our market has become an important part of the community and you helped furthered its mission. *...The Sandhill Farmers Market, where fun, food and community come together.*

### June Schedule

Keith Tracy	2
Keith Tracy	9
Flag Day: Wear your Red, White and Blue	16
Keith Tracy	23
Keith Tracy	30



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## Market Flash

Stan Perry  
Clemson Sandhill REC  
900 Clemson Road  
PO Box 23205  
Columbia, SC 29224

Phone: 803.699-3187  
Email: [shrec@clemson.edu](mailto:shrec@clemson.edu)

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People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as possible. Contact your local health department or locate an air-conditioned shelter in your area. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned, and using air conditioning in vehicles.
- Do not rely on a fan as your primary cooling device during an extreme heat event.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don't use the stove or oven to cook—it will make you and your house hotter.

Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather:

[Read the rest of the article by clicking here.](#)

## Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

## Farmers Markets Around the World



***The Sandhill Farmers Market... where fun, food, and community come together.***

## Gardening Tip of the Week

### Protect Yourself From Ticks *by Dr. Timothy Davis*

I've been seeing lots of ticks the last couple of weeks. I've also been seeing lots of bad information on social media sites about how to remove them. You shouldn't use matches, lighters, kerosene, alcohol, nail polish, cigarettes, dish soap etc. When these products are applied a tick will often release, but not before regurgitating into the wound. This increases the likely hood of contracting tick borne diseases.

There are a number of tick borne diseases that are found here in the South Carolina. Lyme disease is only one and not the most common. Below is a passage from a web page about how to properly remove a tick from you or your pet. I usually also recommend marking your calendar. If you develop flu like symptoms within about two weeks you should see a physician, let them know you recently removed a tick. They will then be able to conduct appropriate tests to determine if the symptoms are caused by tick borne disease.

You can also save the tick in alcohol for identification since some of the diseases are vectored by specific species. Finding a tick isn't cause for immediate panic, but taking proper precautions will minimize your risk to disease.

For more information on ticks see the following web sites:

<http://www.clemson.edu/cafls/departments/esps/factsheets/medvet/>

[tick borne diseases affecting humans in the southeastern united states mv19.html](http://www.clemson.edu/cafls/departments/esps/factsheets/medvet/tick_borne_diseases_affecting_humans_in_the_southeastern_united_states_mv19.html)

[http://www.clemson.edu/cafls/departments/esps/factsheets/medvet/ticks\\_around\\_your\\_home\\_mv05.html](http://www.clemson.edu/cafls/departments/esps/factsheets/medvet/ticks_around_your_home_mv05.html)

<http://www.uptodate.com/contents/what-to-do-after-a-tick-bite-to-prevent-lyme-disease-beyond-the-basics>



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## Molten Brie with Fresh SC Peaches

- ◆ 1 one-lb. wheel of brie cheese
- ◆ 1 bottle Molten Golden hot sauce
- ◆ 1 fresh SC peach, pitted and thinly sliced
- ◆ 1/4 cup brown sugar
- ◆ 1/2 cup sliced almonds
- ◆ 1 fresh lemon

Heat oven to 325 degrees. Slice the peach into thin slices. Squeeze fresh lemon juice over peach slices and set aside. Place brie cheese on

a baking sheet and cover with a generous layer of Molten Golden. Sprinkle with brown sugar, and then top with peach slices in a single layer. Bake for 10 minutes and remove from oven. Add sliced almonds and continue baking until almonds are toasted. Serve with crackers. Molten Golden hot sauce is a product of Palmetto Pepper Potions. A full array of SC Hot sauces is available at [www.pepperpotions.com](http://www.pepperpotions.com).

*Courtesy of the SC Peach Council*

*See how many of these ingredients you can find at the Sandhill Farmers Market!*

**Our Market Supporters:** [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),



## Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<b><i><u>Asya's Organic Farms</u></i></b>
Isom's Delights
<b><i><u>The Peanut Man</u></i></b>
<b><i><u>The Crescent Olive</u></i></b>
Charleston Cooks
Junior Chefs
AAA Greenthumb
Martin Farms Produce
Kurt's Kitchen
Paparazzi Jewelry
<b><i><u>The Belgian Waffle Truck</u></i></b>
Bee My Honey
<b><i><u>Chill Out Pops</u></i></b>
Lexington Shades of Green
Penny's Quilts and Gifts
<b><i><u>Lane Specialty Gardens</u></i></b>
<b><i><u>Sunny Cedars Farm</u></i></b>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<b><i><u>January Remington</u></i></b>

Name
S.W. Shumpert Farm & Ice Cream
<b><i><u>Leesville Aquaponics</u></i></b>
<b><i><u>Trail Ridge Farm and Dairy</u></i></b>
Ms. Zessie's Specialties
<b><i><u>Jamerry Nails</u></i></b>
Lem's Farm Shop
<b><i><u>Doswell Farm</u></i></b>
J's Concessions
<b><i><u>Livingston Farms</u></i></b>
Ashley's
<b><i><u>Old McCaskill's Farm</u></i></b>
The Bird Man
<b><i><u>Nanna's Naturals</u></i></b>
Conyer's Farms of Kingstree
<b><i><u>Company of OHS</u></i></b>
<b><i><u>The Shrimp Guy</u></i></b>
<b><i><u>Boutique Poulet</u></i></b>
Bradham Farms
Judith's Hands
Isom's Delights
Cakes and More by Angela



<b><i><u>Congaree Milling</u></i></b>	<b><i><u>McCurley Farms</u></i></b>
Tre Bambini Antica Pizzeria	<b><i><u>Penny's Naturals</u></i></b>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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